



# SENTINEL



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## Hapeville police deputize students

Robin Brown  
*Sentinel* editor



Students from the Pre-kindergarten (pre-k) class at the Fort McPherson Child Development Center (CDC) received their official, plastic deputy badges Wednesday during a safety class with Cpl. James Carroll, a police officer with the Hapeville Police Department.

The Hapeville department has a partnership agreement with Fort McPherson for mutual support, as needed. Carroll stopped by to be part of the ongoing community helpers curriculum taught at the CDC.

"We are getting the students ready for kindergarten and exposing them to career fields that help in their daily life," said Linda Scroggins, assistant pre-k teacher at the CDC. "We try to create that job in class and then find those same-type organizations around post to show them community helpers in action."

Carroll talked to the students about various safety issues and how to respond to strangers.

"Strangers are people you don't know," J'nya Blevins explained to her classmates. Blevins, 4, daughter of Erika Blevins, program support assistant with U.S. Army Garrison's administrative office, led the class in Carroll's taught response of what to say when the wrong type of stranger approaches: "Stay away," "Help" and "No."

Carroll charged the students to keep on their thinking caps and remember to stay safe and protect others, especially as strangers and Halloween approach.

See related story on page 16

Photo by Robin Brown

Pre-kindergarten students from the Fort McPherson Child Development Center line up to be deputized Wednesday by Cpl. James Carroll, a police officer with the Hapeville Police Department, during a safety class at the center.



# Consider people with disabilities when planning for emergencies

Every October we observe National Disability Employment Awareness Month to recognize the talents, skills and dedication of Americans with disabilities who are a vital part of our workforce. During this month, we reaffirm our commitment to ensure people with disabilities who want to work can and that they receive the training they need to achieve their goals. During this month, we should also take the time to recognize what needs to be done to ensure that all of our employees, family members and friends with disabilities are well prepared to effectively handle themselves in an emergency situation, both at work and at home.

The terrorist attacks on Sept. 11, 2001, and other past disasters have increased awareness worldwide of the need to be prepared for emergencies. The attacks prompted many individuals responsible for people in office buildings to re-evaluate their disaster and evacuation plans for all occupants, including taking a close look at how to get people with disabilities out of harm's way.

In a major emergency, everyone is confronted with a wide range of disabling conditions; for people who already have physical disabilities, these conditions are often multiplied.

People with physical disabilities may have a harder time getting to exits and accessing their personal items and emergency supplies. People with vision and hearing loss and speech-related disabilities may encounter many more communication barriers, especially when regular communication channels are down or overloaded.

These barriers may appear at a time when rapid communication is crucial to survival and safety. Because of this, it is imperative that disaster planning is integrated into your everyday life, not just for those individuals who have disabilities, but also for those who work and live with people with disabilities.

It's important to start preparing now. The more you prepare, the more confident you will be that you can protect yourself and others. If you or someone close to you has a disability or special need, you should make special preparations in case of an emergency. To adequately prepare for every possible emergency situation, consider making the following arrangements:

- Check for hazards in your home and workplace. During and after a disaster, ordinary items in the home and workplace can cause injury or

damage. Anything that can move, fall, break or cause fire is a hazard.

- Discuss your needs with family members, neighbors, coworkers and those who manage your office or apartment.

- Prepare any instructions you need to give rescuers or others who may be around you. Use concise verbal directions or carry written instructions with you at all times. Practice giving these instructions.

- Make sure those around you know how to operate any necessary equipment and where it is stored. Label equipment and attach instructions as a backup.

- Have a list with the types and models of any equipment or devices you need.

- If you use electrical equipment, plan how you will deal with a power outage. For example, keep a manual wheelchair for use if your electrical wheelchair becomes inoperable.

- Know of more than one medical facility that provides the services you need.

- Add necessary supplies, such as wheelchair batteries, catheters, oxygen, medication, food for service animals and other special provisions to your emergency kit.

- If you are physically disabled,

study the evacuation procedure of any building from which you might evacuate. If necessary, know if and where an evacuation chair is located, and make sure several others know how to operate it.

- If you are hard of hearing or visually impaired, arrange for someone to communicate essential information to you during an emergency.

- If you are military or government personnel, once you are in a safe place, report to your command.

Don't assume that you or your loved ones have been factored into an evacuation procedure. Let others know of your specific requirements. This is why practice is so important; it increases skill and instills confidence in your ability to be prepared, self-sufficient and even take on a leadership position in evacuating yourself and others during an emergency.

Disaster planning needs to be integrated into our everyday lives. There is a natural human inclination to avoid thinking about negative things, but this avoidance is detrimental to our well-being and has even greater consequences for people with disabilities should an emergency occur. Don't wait until it's too late – your actions now could save lives later.

## Commander's Corner

Col. Deborah B. Grays

Garrison Commander  
Fort McPherson & Fort Gillem



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## Garrison HotLine

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# Self breast exams give first indication of lumps

A breast cancer is a malignant, or cancerous, tumor that develops from cells in the breast. The most common sign of breast cancer is a new lump or mass; however, most breast lumps are benign or noncancerous.

Other physical signs include a generalized swelling of part of a breast – even if the woman doesn't feel a distinct lump – skin irritation or dimpling, nipple pain or retraction (turning inward), redness or scaliness of the nipple or breast skin, or a spontaneous discharge other than breast milk.

Early detection of malignant tumors, preferable before symptoms are present, is very important because the cancer can spread if not treated at its earliest stages, according to the American Cancer Society (ACS).

Breast cancer is the leading cause of cancer death among women ages 15 through 54 and the second leading cause of cancer death for women aged 55 through 74. Smoking increases women's risk of getting lung cancer and breast cancer, according to the National Cancer Institute (NCI). After skin cancer, breast cancer is the most frequently diagnosed cancer in women in the United States. It is second only to lung cancer in cancer-related deaths, according to the NCI.

According to the National Breast Cancer Coalition, breast cancer

costs this nation \$6 billion annually in medical costs and lost productivity.

Known risk factors for breast cancer include a:

- Personal history of a prior breast cancer

- Evidence of a specific genetic change that increases susceptibility to breast cancer

- Mother, sister, daughter or two or more close relatives, such as cousins, with a history of breast cancer, especially if diagnosed at a young age.

Additional risk factors include if you never have children, if you have children when you are 30 or older, if you have menopause at 55 or older and if you take hormone replacement therapy.

Higher estrogen levels are strongly linked with susceptibility to breast cancer.

Don't assume it can't happen to you. Breast cancer impacts more than 240,000 new patients a year in the United States alone. A woman is diagnosed with breast cancer approximately every three minutes and approximately every 12 minutes breast cancer claims another life.

Seventy percent of breast cancer cases occur in women who have no identifiable risk factors. Breast cancer also occurs in men. No one knows what causes some to have breast cancer and not others. Lifestyle and personal and family histories can



increase the risks.

The ACS staff encourages women to fight breast cancer by taking charge of their personal breast health and supporting efforts against the disease. The society reminds women 40 and older about the importance of getting a mammogram annually to detect breast cancer in its earliest, most treatable stage. An estimated 182,460 new cases of invasive breast cancer are expected to occur among women in the United States this year, and about 40,480 deaths are expected, according to the ACS.

If you find that you exhibit any characteristics that are abnormal or concern you – aside from normal menstrual lumpiness or water retention – don't mess around. See a physician immediately for a clinical breast exam and other tests. While some abnormalities are usually benign, nothing is 100 percent and it's good to keep a doctor in the loop. It is also important to do a monthly self exam.

For more information, visit [www.cancer.org](http://www.cancer.org).

## Truth may clear air about myths

Breast cancer is considered a heterogeneous disease — differing by individual, age group and even the kinds of cells within the tumors themselves. Obviously, no woman wants to receive this diagnosis, but hearing the words "breast cancer" doesn't always mean an end. It can be the beginning of learning how to fight, getting the facts and finding hope.

Listed is the truth behind myths patients often hear:

**Myth:** A breast cancer tumor must be removed immediately or it will spread.

**Truth:** Only in rare instances involving very fast-growing cancers do you need to act immediately. Breast cancer develops more slowly than most other cancers. When detected, it has typically been in the breast for anywhere from three to 15 years, said Gabriel Hortobagyi, a professor of medicine at the MD Anderson Cancer Center in Houston and president of the American Society of Clinical Oncology.

**Myth:** The majority of women who get breast cancer have a family history of the disease.

**Truth:** Only about 15 to 20 percent of women who get breast cancer have a family history. Even among that group, the cause isn't necessarily genetic, said Harold P. Freeman, senior adviser to the director of the National Cancer Institute. Sometimes the shared risk factors are relatives' similar lifestyles and exercise and eating habits.

**Myth:** If you don't have any risk factors, you won't get breast cancer.

**Truth:** The overwhelming majority of women who are diagnosed don't have any known risk factors. Still, your odds of getting the disease are higher if it runs in your family, if you have never had chil-

dren or have them after age 30, if you have one or more alcoholic drinks a day, if you started menstruation early or entered menopause late or if you're overweight after menopause or sedentary.

**Myth:** The first sign of breast cancer is a painless lump.

**Truth:** "A lot of women are diligently doing breast exams, thinking they're looking only for a lump," said Julie Gralow, an associate professor of medical oncology at the University of Washington Fred Hutchinson Cancer Center in Seattle. "They also need to pay attention to any thickening, redness, and asymmetry that develops in the breasts." In addition, they should look for any changes in the nipples.

**Myth:** Breast cancer kills more women than any other cancer.

**Truth:** Lung cancer kills more women than breast cancer — an estimated 72,130 American deaths in 2006, compared with an estimated 40,970 from breast cancer, according to the American Cancer Society. (Skin cancer, however, is the most common cancer.) The mortality rate for breast cancer has decreased. Today doctors see the majority of cancers earlier, when they're more treatable.

**Myth:** Anyone who is diagnosed with breast cancer will have to have chemotherapy.

**Truth:** Chemotherapy may not be needed. Certain types of breast cancer are treated with surgery or radiation, followed by hormone therapy. "Breast cancer isn't just one disease," said Nancy Lin, an instructor at the Harvard Medical School and an oncologist at the Dana-Farber Cancer Institute in Boston. "We call them all breast cancer, but different

**See Breast on page 12**



## In my opinion ...

# When I don't know what to pray for ... He already knows

**Robin Brown**  
Sentinel editor



"... The Spirit also helpeth our infirmities: for we know not what we should pray for as we ought." (Romans 8:26).

I used to want to pray like I heard the evangelists pray during noonday service. They addressed everything and everybody. It sounded strong, unrehearsed and "as-a-matter-of-factish." I wanted to pray in other tongues (as God gave utterance). I wondered if the tears they shed made those prayers more sincere.

I used to think I shouldn't pray out loud because the enemy might hear my innermost thoughts and, somehow, twist and turn them against me. Turns out it doesn't matter how it comes out, as long as it comes out. I can go to God with my eyes open (especially if I'm driving), with my eyes closed, while I walk, with my mouth open or closed, and sometimes just through my tears.

I've learned that how, when and where I am when I talk to Him isn't nearly as important as what I say. And, I don't always know what that should be.

If I pray for a better job, does that mean I'm not grateful for the one I have? When I discuss my home and family life, friends and coworkers, is that complaining or just seeking clarity?

I used to recite that text about "prosper in all things and be healthy," but overlook the end of the sentence that said "even as your soul prospers." That was wrong, especially since nothing seems to work well when I'm out of sync with the deity. Sometimes I want to do my own thing, make my decisions and discuss it with Him later. After all, He is God. He's always there when I get around to needing Him, isn't He? You understand, don't you? Prosperity now. Soul stuff, maybe tomorrow. How silly is that?

On days I'm focusing and want to be less selfish, I've prayed for others. Heaven knows, I've asked for the right person to be elected. We need strong leadership that believes in the premise this country was founded on. I talk about peace in the world, the safety of our troops deployed and the civilians who support them. I thank Him for the freedom some have taken for grant it and others would love to experience.

Scripture teaches me that for my prayers to be effective, I need help from the Spirit. That may be

where I'm lacking; however, I'm getting stronger every day. I'm stronger today than I was yesterday, and I am thankful for it.

Now days, when I don't know what to say, I just pray He helps me keep my crazy thoughts to myself – the need to discipline the mouth cannot be overstated. It is so tempting to say the wrong thing when your emotions are high – and learn to live within His will, not my wants.

A friend of mine suggests I try a pattern following the acronym ACT.

Acknowledge God for the supreme being he is. With that comes praise and worship.

Confess Him as my savior and confess my sins. I think He hears me better when I come with a pure heart.

Thank Him for all He does and will do. It's so much easier to be grateful than regretful.

I don't need big fancy words or to be long and drawn out. God already knows what we have need of, better than we do. But if any of you lack wisdom, ask God for it. He gives it liberally and without reproach.

I know praise outweighs my asking and I challenge you to go boldly to the throne of grace and get mercy.

## Safety Central

# Seat belt use hits record level in 2008; west coast takes lead

More Americans are buckling up than ever before, with 83 percent of vehicle occupants using seatbelts during daylight hours, Mary E. Peters, U.S. Secretary of Transportation announced in September. In 2007, 82 percent used seat belts.

"More and more Americans are realizing that the mere seconds it takes to buckle up can mean the difference between life and death," Peters said.

The National Highway Traffic Safety Administration (NHTSA) estimates approximately 270 lives are saved for every 1 percent increase in

belt use. David Kelly, acting NHTSA administrator, said a contributing factor for such historically high seat belt use is high-visibility law enforcement efforts, such as the department's "Click It or Ticket" campaign.

"We are committed to supporting state and local law enforcement in their front-line efforts to encourage belt use," Kelly said.

According to the report, 84 percent of passenger car occupants are buckling up. Even more people, 86 percent, are buckling up in vans and sport utility vehicles while pickup truck occupants buckled up 74 percent of the time.

The report finds that safety belt use increased or remained level in every region of the country, with the highest use being reported in the West (93 percent), and the lowest in the Midwest and Northeast (79 percent). The South reported 81 percent.

The report reveals that states with primary belt laws are averaging about 13 percentage points higher for seat belt use (88 percent) than states with secondary laws (75 percent). In primary belt law states, officers can issue a citation for a seatbelt violation alone. In secondary law states, seat belt citations are allowed only after a stop for another violation.

The report also notes that belt use on expressways is now at an estimated 90 percent while belt use on lower-speed "surface" streets remains at 80 percent.

Seat belt use and other data are collected annually by NHTSA as part of the National Occupant Protection Use Survey. The latest survey, conducted in June of 2008, involved daylight observations of vehicle occupant behavior at more than 1,800 sites nationwide.

To see the latest seat belt report, visit [www-nrd.nhtsa.dot.gov/pubs/811036.pdf](http://www-nrd.nhtsa.dot.gov/pubs/811036.pdf).

*National Highway Traffic Safety Administration*



# CAP provides solutions to disableds' needs

Jenn Domashevich  
U.S. Army Garrison

*This article is the third in a five-part series regarding working with employees who have disabilities. Check on the latest updates in the next edition of the Sentinel.*

The Computer/Electronic Accommodations Program (CAP) ensures individuals with disabilities have equal access to information, the environment and opportunities in the DoD and throughout the federal government.

CAP helps the federal government work to become the model employer for people with disabilities by trying to increase the recruitment, replacement, promotion and retention of people with disabilities and wounded servicemembers through eliminating the cost of accommodations.

"It really levels the playing field for persons with targeted disabilities," explained Dinah Cohen, CAP's director since 1990. "It eliminates the issue for many employers to provide accommodations for employees with disabilities."

Established in 1990 and centrally funded by the DoD, CAP has partnerships with 65 federal agencies and has made 71,000 accommodations since its inception. According to CAP's annual report, in fiscal year 2007 alone, CAP filled 8,775 accommodation requests for federal employees with disabilities and wounded servicemembers. Of this total, 3,202 accommodations were for DoD employees and 2,998 accommodations were for wounded servicemembers.

The CAP staff works closely with human resource managers; federal managers, supervisors and applicants; and employees with disabilities. CAP provides assistive technology, education, training and support to government employment and training centers to ensure people with disabilities have equal access to career opportunities and advancement throughout the employment lifecycle.

Assistive technology is any device or equipment that helps individuals

with disabilities function more independently.

By using assistive technology products, employees with disabilities can improve their portfolios and are more likely to be recognized for their performance and promoted to more responsible positions.

"CAP works with individuals to help identify, evaluate and select the appropriate modification or adjustment to the work environment to maintain, increase and improve their ability to perform the essential functions of their job," explained Carolyn E. Cratic, garrison Equal Employment Opportunity specialist.

Although CAP does not sell products, it does provide objective information about assistive technology products and rehabilitation equipment for people with all types of disabilities, including both apparent physical disabilities and hidden cognitive disabilities.

CAP's first step in providing assistive technology products is to help identify the specific disability that requires an accommodation.

Because people with disabilities have varying degrees of disabling conditions, choosing an accommodation is best done on a case-by-case basis. To ensure that the appropriate accommodations are received, CAP recommends that the CAP Online Needs Assessment be completed by the employee.

The CAP Online Needs Assessment

uses information on the employee, the job and the disabling condition to determine the most appropriate assistive technology solution. This form can be found at [www.tricare.mil/cap/accom\\_process/request.cfm](http://www.tricare.mil/cap/accom_process/request.cfm).

After finding the best accommodation for a disability, the user must submit an Accommodation Request Form. This form can be found at CAP's homepage at [www.tricare.mil/cap/](http://www.tricare.mil/cap/) by clicking on the "Submit Request Form" tab. CAP's homepage also has a link for users to browse assistive technology products, with a picture and brief description of each device.

"Most of the time, it takes 15 to 20 days for people to get their accommodation," Cohen explained.

CAP also provides people to teach employees how to operate their assistive technology in their work environment. CAP covers the cost of this training for federal employees.

"CAP not only buys it (the assisted technology), it pays for it, gets it to the users and trains individuals on how to use it," Cratic emphasized. "It's just that simple."

CAP will also provide sign language and oral and tactile interpreting for DoD's deaf and hard of hearing employees who attend DoD-sponsored information technology or computer-based training courses.

The only restriction is that the training sessions must be at least two days long.

To support training for individuals with visual impairments, CAP funds the assistance of readers during long-term training sessions. CAP also pays

for personal assistants to support training requirements of individuals with mobility impairments, but the assistants will only be provided for training session times.

"We've had some major milestones this year," Cohen said. "We broke our previous record for number of provided accommodations. By the end of the fiscal year, CAP will fill 10,000 accommodation requests among federal employees and wounded servicemembers."

These figures are based on the number of accommodations provided, rather than the number of people who have been provided with accommodations. Many employees, especially wounded servicemembers, need multiple accommodations.

"This year alone, CAP has filled more than 4,500 accommodation requests for wounded servicemembers," Cohen added.

Breaking records is not the only recent accomplishment by CAP.

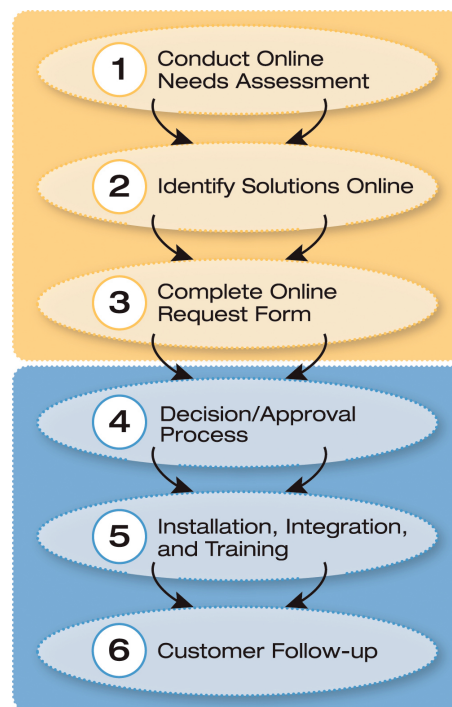
"We have implemented the new DoD initiative in support of wounded servicemembers, where they can retain their assistive technology from CAP," Cohen explained. "That's big."

This new initiative allows servicemembers injured while on active duty to retain the assistive technology and services provided by CAP when they separate from active duty. This allows many servicemembers to continue their education or return to the workforce with the use of CAP-provided assistive technology.

CAP also works with the Job Accommodation Network (JAN).

"CAP and JAN work very closely together," Cohen said. "If they need an assistive technology and work for the federal government, JAN will recommend they contact CAP."

As the federal government strives to meet the Equal Employment Opportunity Commission goal of 2 percent of individuals hired by 2010 having targeted disabilities, CAP and its partnership coordinator, Sharon Terrell-Lindsay, are helping agencies



Key  
 ■ CAP Customer Responsibility  
 ■ CAP Staff Responsibility

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# Purple Heart eligibility criteria revised to allow award to POWs who die in captivity

DoD has expanded the Purple Heart eligibility criteria allowing prisoners of war (POW) who died in captivity to receive the award.

The revised department policy presumes, for servicemembers who die in captivity as a qualifying POW, that their death was the "result of enemy action" or the result of wounds incurred "in action with the enemy" during capture, or as a result of wounds incurred as a "result of enemy action" during capture, unless compelling evidence is presented to the contrary.

The revised policy allows retroactive award of the Purple Heart to qualifying POW since Dec. 7, 1941. Posthumous award will be made to the deceased servicemember's repre-

sentative, as designated by the secretary of the military department concerned, upon application to that military department.

Each military department will publish application procedures and ensure they are accessible by the general public.

Family members with questions may contact the services: Army Military Awards Branch at 703-325-8700; Navy Personnel Command, Retired Records Section at 314-592-1150; Air Force Personnel Center at 800-616-3775; Marine Corps Military Awards Branch, at 703-784-9340.

For more information, call 703-695-3895 or send an e-mail message to [eileen.lainez@osd.mil](mailto:eileen.lainez@osd.mil).

# Young anglers gear up to reel in big catch

Fort McPherson and the City of East Point will host the ninth annual Youth Fishing Rodeo Oct. 25 at Lake 1 on Fort McPherson. The event is for youths ages 13 and younger; all youths must be accompanied by an adult.

Registration will be held from 8 until 9 a.m., fishing will be held from 8:30 until 11 a.m., snacks will be available from 11 until 11:30 a.m. and awards and prizes will be given out starting at 11:30 a.m.

Youth anglers are encouraged to bring their own bait for bream and catfish. All anglers must

provide their own rods, reels, fishing poles and tackle.

For more information, call the Fort McPherson Sports Office staff at 464-2409.





## Fall clean up

Fort McPherson and Fort Gillem personnel have fall clean up Oct. 20 through 24 and Oct. 27 through 30, respectively. Organizations should develop plans to identify support necessary for a successful operation. Tools and supplies will be available through the Directorate of Public Works/Directorate of Logistics tool issue points.

## Display advertising

## Display advertising





First Army photo

## Leaders talk strategy at fall conferences

Command Sgt. Maj. Norman G. Corbett (left) and Col. John T. Smith (right), leadership for the 120th Infantry Brigade at Fort Hood, Texas, enjoy conversation during the 2008 First Army Fall Commander's Conference and Family Readiness Conference Tuesday night at the Airport Marriott Hotel in Atlanta. For two days, commanders focused discussions on First Army transformation, readiness and family support, among other current significant issues.



Photo by Phil Manson

Lt. Gen. Thomas G. Miller, commanding general, First Army, talks to his division and brigade commanders at the commander's conference Wednesday about the upcoming training load and the way ahead. First Army mobilizes, trains, validates and deploys National Guard and Reserve Soldiers, and joint and coalition forces in support of operations around the world. Since Sept. 11, 2001, First Army has mobilized and deployed more than 530,000 troops.

# Army to launch energy initiative

The Army will launch a wide-ranging energy-efficiency initiative that will, for example, try to reduce vehicles' fuel use and put related issues squarely in sights of Army acquisition officials, Army Secretary Pete Geren said.

"We want to think about energy efficiency when thinking about acquisition," Geren said Sept. 29 at the Center for Strategic and International Studies, a Washington, D.C.-based think tank. "How do you look at the life cycle cost of a weapons system? What is the challenge of delivering fuel to some remote area of Afghanistan? That is one of the issues that is driving requirements for FCS," or Future Combat Systems.

"Last Friday, I signed a charter to create a senior energy executive in the Army and to build a team that will work across the Army and try to break down the stovepipes," the secretary said.

Details are still being finalized, but one aim is to reduce the logistical and financial burden associated with transporting fuel across the battlefield.

Geren also expressed concern that funds for Army modernization, reset, personnel and continued conflict could be reduced in years to come.

"If you look back over our nation's history, we tend at the end of every conflict to draw down our defense budget and spend our money elsewhere. I think that is a real challenge for some of these long-term programs. It's a challenge for FCS, a challenge for tactical vehicles and a challenge for these helicop-

ter modernization programs, as well. As an Army, we have to be very concerned about this," said Geren.

The Army transformation, which has taken place over the last seven years of war, needs to continue, Geren said.

"We need to modernize and reset. We are going to have to learn to do things more cost effectively and more efficiently. We have to look at the next eight or nine years as involving considerable risk. We need to make sure we don't end up with bunch of half-done systems," he said.

Citing the Mine Resistant Ambush Protected Vehicles (MRAP), OH-58 Kiowa Warrior scout helicopter and Abrams main battle tank, Geren said reset and modernization efforts need to continue.

"The innovation of war allows us to push at a rapid pace, allows us to transform. I think this will continue because this is driven by the evolving threat. We have a very adaptive enemy and we need to stay ahead of it. Soldiers today are equipped differently, trained differently than they were seven years ago. That transformation can never stop," said Geren.

Geren also emphasized the full-spectrum of operations outlined in the Army's FM 3-0 (Operations) field manual, saying that information operations, strategic communications and elements of nation-building will be needed alongside traditional combat operations.

"In the 21st century, wars are not won when the enemy is defeated in a battle. Today, a war may not be won until the conditions that spawn

hostility change. That is asking a lot of our Soldiers, but they are missions that are critical to the safety of our nation and our citizens," said Geren.

In fact, part of the full-spectrum approach includes finding ways to deal with emerging threats from cyberspace.

"Anyone with a laptop, a digital camera and a cell phone can have worldwide reach. The enemy has learned to exploit that reach and our enemy is using strategic communications to kill American forces.

"We must learn to dominate that domain as well as we can operate an Abrams tank. The enemy has a tactical edge because the enemy is unconstrained by the truth. We see today how al-Qaida can launch a self-serving lie and often we're playing catch up. We must cultivate a sense of urgency, proactive and anticipatory, in the information domain comparable to that of the kinetic battlefield," Geren said.

Geren also said that in the event of a new crisis, the Air Force and Navy would be able to take on new missions if large portions of the Army were already deployed.

"If an enemy thinks that this [being largely deployed] provides an opportunity for them, it should know we have other capabilities in our national arsenal. If we were challenged, some missions that might be given to the Army would be given to the Air Force and Navy. They might do things differently, but they certainly have the power to deliver lethal force upon any enemy that might challenge us," Geren said.

*Defense News*





*Courtesy photo*

**Staff Sgt. Reginald Brown, communications team chief and observer/controller trainer assigned to First Army, instructs Soldiers who were preparing for deployment earlier this year on safety features during HEAT (Humvee Egress Assistance Trainer) training at Camp Shelby, Miss.**

## DoD announces recruiting, retention numbers for FY 2008

DoD announced Oct. 10 its recruiting and retention statistics for the active and reserve components for fiscal year 2008.

Active services met or exceeded their recruiting goals.

- The Army had 80,517 accessions, making 101 percent of its 80,000 goal.
- The Navy had 38,485 accessions, making 100 percent of its 38,419 goal.
- The Marine Corps had 37,991 accessions, making 100 percent of its 37,967 goal.
- The Air Force had 27,848 accessions, making 100 percent of its 27,800 goal.

All six reserve components met or exceeded their accession goals.

For more information on specific recruiting data, call the individual military recruiting commands at 502-626-0164 for Army, 210-565-4678 for Air Force, 703-784-9454 for Marine Corps and 703-697-8761 for Navy. For reserve components, call the Army Reserve at 464-8490, National Guard Bureau at 703-607-2586, Air Force Reserve at 703-697-1761, Navy Reserve at 504-678-6055 and Marine Corps Reserve at 504-678-6535.

*DoD*

## Army Wounded Warrior Program expands entry criteria for Soldiers, Families

In response to the needs of our Soldiers and their Families, the Army has expanded the eligibility criteria for the Army Wounded Warrior Program (AW2).

The program, which serves the Army's most severely wounded, injured and ill Soldiers and their Families, now will support Soldiers who have a combined rating of 50 percent or greater for conditions that are the result of combat or are combat related.

Currently, AW2 supports the most severely-wounded Soldiers from the Global War on Terror who have, or are expected to receive, an Army disability rating of 30 percent or greater in one or more specific categories:

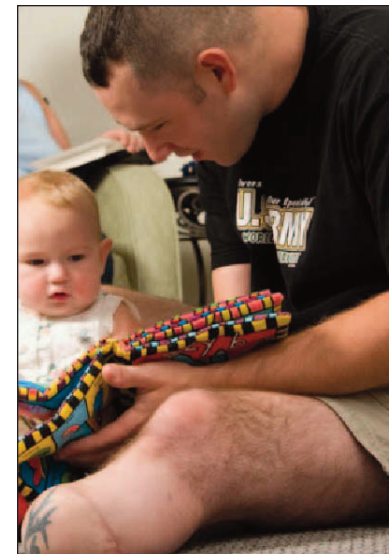
- Blindness/vision loss
- Deafness/hearing loss
- Fatal/incurable disease
- Loss of limb
- Paralysis/spinal cord injury
- Permanent disfigurement
- Post traumatic stress disorder

- Severe burns
- Traumatic brain injury

"AW2's expanded criteria will allow us to support more of the Soldiers who have given so much in service to our country," said Col. Jim Rice, director of the AW2. "We currently are in the process of identifying and notifying Soldiers who fit the expanded criteria so we can immediately connect them to their personal AW2 Advocate and the program's support services."

Upon entering the AW2 Program, Soldiers are assigned an advocate who will serve them and their Families in a variety of ways, including helping them obtain full benefits, educational opportunities, and financial and career counseling and helping those who want to stay in the Army. There are more than 89 AW2 advocates located at or near military installations across the country.

For four years, AW2 has assisted and advocated for



Soldiers by providing them with individualized support for as long as it takes, wherever they are located – regardless of their military status.

The expanded criteria will impact approximately 250 Soldiers.

For more information about the Army Wounded Warrior Program or the new criteria, call 800-237-1336 or visit [www.aw2.army.mil](http://www.aw2.army.mil).

## VA to implement IT aspects of new GI Bill

The Department of Veterans Affairs (VA) will rely on its own workforce to set up the information technology programs needed to implement the educational benefits of the new Post-Sept. 11, 2001, GI Bill, according to an Oct. 10 news release.

VA officials did not receive enough proposals from qualified private-sector contractors to create an information technology program that implements the new benefit. At no time did VA consider contracting out responsibility for actually administering this educational assistance.

"Many private contractors were apparently reluctant to offer proposals because of external misconceptions as to the scope of the work involved.

"While it is unfortunate that we will not have the technical expertise from the private sector available to assist us in developing the information technology solution, the VA can and will

deliver the benefits program on time," said James B. Peake, secretary of Veterans Affairs.

"The Post-9/11 GI Bill is unusually complex, with payments being tailored to tuition costs and going to both students and educational institutions," said Patrick W. Dunne, the under-secretary for benefits.

"Some benefits are determined by a school's Zip code, and others by in-state rates for tuition."

Dunne said the VA would have been remiss if it had failed to assess the ability of the private sector to assist VA to set up the technology aspects of the program's implementation.

The GI Bill will provide educational assistance to veterans, military members, reserve component and National Guard members who have served since Sept. 11, 2001. By law, the new benefits are scheduled to start Aug. 1.

VA



# America Supports You: Survivors group gets Newman's Own grant

**Sharon Foster**  
American Forces Press Service

A home-front group of the Defense Department's America Supports You program has received a \$2,000 grant from the Newman's Own Foundation.

Tragedy Assistance Program for Survivors, or TAPS, received the grant during a ceremony at the Pentagon last month in which 15 nonprofit groups received \$75,000 in grant awards.

This is the second year TAPS has received a Newman's Own grant.

"We are very grateful for the support from Newman's Own," said Ami Neiberger-Miller, TAPS public affairs officer and sister of Spc. Christopher Neiberger, who was killed in Iraq last year.

"It is very touching to know that the staff at Newman's Own believes in the work TAPS does with thousands of families who have experienced the loss of a loved one who served in the military," Neiberger-Miller said. "Their support for the families of the fallen is deeply appreciated."

The Newman's Own grant will support the group's 2009 Annual Good Grief Camp and balloon release event during the National Military Survivors Seminar, planned for Memorial Day weekend near the nation's capital.

For 14 years, children attending the Good Grief Camp across the nation have written messages to family members they've lost in wars, attached the messages to balloons and sent them skyward. The messages carry updates on family news, such as learning to ride a bike or getting ready for a school dance. They also can be very personal – a child expressing feelings of loneliness from miss-

ing a parent.

"Children need specialized support to deal with their grief," said Bonnie Carroll, TAPS founder and chairman. "When we held our first Good Grief Camp, now almost 15 years ago, we relied on advice from bereavement professionals, who indicated it would be beneficial for child survivors to have a connection point with the people they've lost through a balloon release."

Carroll believes the Good Grief Camp for young survivors provides a safe place for connection and sharing.

"Instead of being the only kid at school who lost a dad in a war, a child becomes part of a peer group of children their own age who have all experienced similar types of losses," Carroll said.

TAPS officials said they are excited and honored to know that when more than 300 children send balloons carrying notes into the skies next year, the balloon release will be sponsored by Newman's Own, as well as by the Fisher House Foundation and the Military Times Media Group.

For more information on Tragedy Assistance Program for Survivors, visit [www.defenselink.mil/news/www.http\\_taps.org/](http://www.defenselink.mil/news/www.http_taps.org/) or [www.americasupportsyou.mil/](http://www.americasupportsyou.mil/).

## Camp helps child survivors cope with loss, grief; gain support

Losing a parent or sibling who served in the military can be devastating to a child, but war's

Children attending the camp are paired one-on-one with a military mentor who becomes their special "big brother" or "big sister" for the weekend. They learn coping strategies for dealing with loss through educational activities and gain their own age-appropriate peer support network.

"We've found that children who have attended the Good Grief Camp felt a closeness to each other like many have never experienced as they are surrounded by others their age who have experienced a similar loss," said Heather Campagna, the director of the Good Grief Camp for 2008. "There is a comfort when someone says they understand ... and for the first time in many instances, they know it is true."

The campers also connect their own family's experience with a national legacy of military service, learning as they visit memorials and participate in ceremonies how the nation honors those who have paid the ultimate sacrifice in service to the country.

Organizers say the depth of loss children experience may not be fully recognized. "When a

child loses a parent or another relative in the military, often they suffer secondary losses that are not acknowledged in their lives," said Campagna. "They might move away from a home, be away from a military base when that is the only thing they have known, have to attend a new school, notice the aching empty chair at Thanksgiving dinner and miss their confidante. Connecting with a mentor can be an empowering experience for a child who has already lost so much."

Mentors said that the experience is very rewarding. "I loved working with the kids. The first time I was exhausted at the end of each day, but I never felt more proud to be in uniform than when a child who has lost a loved one looks up at me," said Cpl. Phillip Vilkas, a Marine.

To register and get more information, visit [www.taps.org](http://www.taps.org). TAPS is a veteran's service organization that provides peer-based emotional support, grief and trauma resources, seminars, case work assistance, and 24/7 crisis intervention care for those who have been affected by a death serving in support of the military mission. Services are provided free of charge. For more information, call the toll-free crisis line at 800-959-8277.

**TAPS**



*TAPS courtesy photo*

tinest survivors don't have to cope alone, thanks to TAPS, the Tragedy Assistance Program for Survivors. More than 300 children, many of whom lost a father or brother serving with the military in Iraq or Afghanistan, may attend the TAPS Good Grief Camp over Memorial Day weekend.

The 15th annual TAPS National Military Survivor Seminar and Good Grief Camp for Young Survivors will be held May 22 through 25 at the Gaylord National Resort and conference Center, located at 201 Waterfront Drive in Oxon Hill, Md.





File photo

Runners participate in 2007 Gillem Gallop.

## Gillem Gallop gears up for family fun

The Fort McPherson and Fort Gillem military community is invited to celebrate Fort Gillem's 67th birthday and the 25th annual Gillem Gallop 5K Walk/Run Nov. 7 at Stephens Lake, Fort Gillem.

Race-day registration will be held from 8:30 until 9:45 a.m., with the race briefing following immediately after. The race will begin at 10 a.m., a birthday cakecutting ceremony will be held at 11 a.m. and race awards will be given at 11:15 a.m.

Race competition categories are individual, team and family. Individual age categories for both men and women are 19 and younger, 20 through 29, 30 through 39, 40 through 49, 50 through 59 and 60 and older. Awards will be presented to the first- and second-place finishers in each age and gender categories, first-place overall finisher and first-place team finish.

Walkers are encouraged to participate. Pets are not allowed. The registration fee is \$10.

Registration is not required except to receive an event T-shirt and to be eligible for race awards. Registration forms and team information are available at the Fort McPherson Fitness Center, Bldg. 421; the Fort McPherson Leisure Activities Center, Bldg. 135; and the Neal Fitness Center, Bldg. 700 at Fort Gillem.

For more information, call the U.S. Army Garrison Sports Office staff in Fort McPherson's Bldg. 65 at 464-2409 or 464-3762.

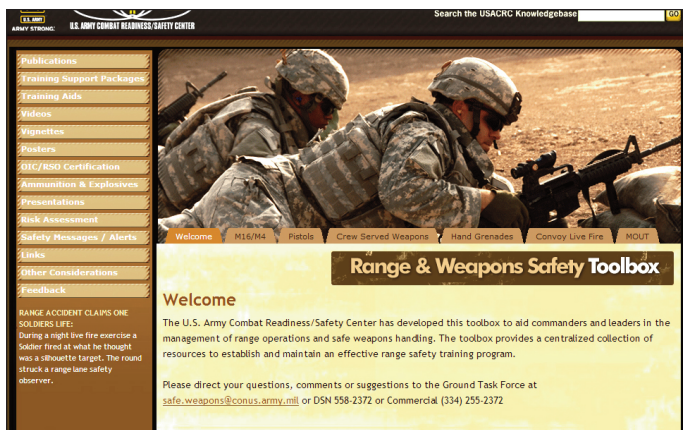
## Combat readiness center launches range, weapon safety toolbox

The U.S. Army Combat Readiness and Safety Center has developed a Range & Weapons Safety Toolbox to help commanders and leaders prevent weapons handling accidents on military ranges.

From fiscal year 2000 through the first quarter of fiscal year 2008, 62 Class A through C weapons-handling accidents occurred on military ranges. While many of these accidents resulted in relatively minor injuries with limited time lost from duty, 13 Soldiers died and five Soldiers will live the remainder of their lives with a physical impairment or disability.

The toolbox is a collection of resources to help commanders and leaders establish and maintain an effective range safety program. The new site hosts reference materials, such as publications, training support packages and a variety of training aids, and links to sites and tools, like the Defense Ammunition Center Explosive Safety Toolbox and the Ground Risk Assessment Tool, which is designed to assist in identifying hazards and controls for various missions.

To access the toolbox, visit the USACRC Web site at <http://crc.army.mil/rangeweaponssafety>.



## TRICARE briefings coming soon

Humana Military will hold the briefings titled "Understanding your Health Care" for individuals who want to gain a better understanding of their benefits and transfer their enrollment to network providers.

Retirees and their eligible Family members are invited to attend briefings scheduled Oct. 31, Nov. 21 and Dec. 19.

Active duty personnel and eligible Family members are invited to attend briefings scheduled Nov. 7 and Dec. 5.

Topics will include TRICARE Prime with Referrals

versus TRICARE Standard/Extra without Referrals. Other topics include waiver of co-pays, the point of service option, cost shares and deductible with TRICARE Standard/Extra.

No appointment is necessary.

Briefings will be held at 8:30 a.m. at the TRICARE Service Center conference room in Bldg. 162 at Fort McPherson.

For more information on briefings, call 464-0291.

For basic TRICARE information, call 800-444-5445.

## Chapel staff to teach Bible lessons with slime

The Office of the Garrison Chaplain staff will sponsor Slime Time, a free, fun, no-fear Bible adventure, for kids of all ages Nov. 1 from 4 until 6 p.m. at the Fort McPherson Chapel Center Annex, Bldg. 46.

Organizers promise the event will be packed with games, crafts, candy, shows and more than enough laughter as they learn about God's love.

A light supper will served consisting of tacos, cookies and drinks.

For more information, call Donna Craven, religious training coordinator, at 464-2012.

## Religious Services

Fort McPherson  
9:45 a.m. Sunday School  
Post Chapel Center, Bldg. 51  
464-2004

11 a.m. Sunday Worship Service  
Post Chapel, Bldg. 42  
Chap. (Col.) Michael Tarvin

9:30 a.m. Sunday Mass  
Cantonment Chapel, Bldg. 240  
Chap. (Lt. Col.) Dennis Niemeier  
29th Sunday in Ordinary Time

10:45 a.m. Religious Education Classes  
Cantonment Chapel, Bldg. 240

6:30 p.m. Wednesday Awana  
Bldg. 46

Daily Mass  
Monday through Friday at noon

Fort Gillem  
9:45 a.m. Adult Sunday School  
Bldg. 742

11 a.m. Sunday Worship Service  
Post Chapel, Bldg. 734  
Chap. (Lt. Col.) Irvine A. Bryer

Jewish Representative  
Jimmy Bradford  
770-461-4298

Islamic Representative  
Jalaluddin A. Malik  
jalaluddin.malik@us.army.mil  
464-0109



# Community Briefs

## Reserve command plans staff ride

The U.S. Army Reserve Command (USARC) will sponsor a staff ride to Chattanooga, Tenn., Nov. 14 from 7 a.m. until 5 p.m. for servicemembers, their families and friends.

The event will highlight the Battle of Chattanooga.

Participants should pack a lunch for a picnic in the park, bring a backpack with plenty of fluids and wear comfortable clothing and walking shoes. This is a training day for Soldiers, so they should wear the Army Combat Uniform.

Busses will departure from and return to USARC. The event will be held rain or shine.

For more information and to reserve a seat, call Jason Wetzel, field historian for USARC, at 464-8462.

## Veterans parade to march down Hwy. 85

The Veterans Of Foreign Wars Post 3650 will host a Veteran's Day Parade Nov. 8 starting at 10 a.m. from Church and Main streets in Riverdale.

The route will merge onto Highway 85 southbound to Lamar Hutchinson Parkway.

For more information, send an e-mail message to Arthur Hughes, parade committee chairman, at arthur.hughes@dev.gatech.edu.

## SBA workshop teaches entrepreneurs to do business with government

The U.S. Small Business Administration (SBA) and the Asian Indian Chamber of Commerce will sponsor a free workshop Nov. 5 from 10 a.m. until 1 p.m. on "Doing Business with the Federal Government."

Workshop leaders will explain how to sell to the government and gain direct access to key contracting resources.

The workshop will be held at the SBA Georgia Office located on the 19th floor of Harris Tower in Peachtree Center, 233 Peachtree Street NE, Atlanta.

Topics will include:

- How the government buys goods and services
- Selling to the government
- Federal contracting rules
- Finding contract opportunities
- How to market directly to federal agencies

Representatives from several federal agencies, including the General Services Administration SBA Government Contracting Office, the U.S. Department of Agriculture Forest Service and the Environmental Protection Agency, will explain their contracting systems.

Pre-registration is required as seating is limited.

For online registration, visit [www.sba.gov/ga](http://www.sba.gov/ga) and cursor down to "Spotlight." Click on "Public Training" and "Seminars-Register Now!" Select the seminar date from this drop down list. Complete the name, telephone and e-mail address and click "Register." Registration faxes are accepted at 404-331-0101.

## Fraternity to celebrate on McPherson

The Alpha Phi Alpha Fraternity Inc., Pi Gamma Lambda Chapter, will hold its 20th anniversary celebration events at The Commons at Fort McPherson in January. Events include:

- Jan. 8 — golf tournament
- Jan. 17 — black tie gala

The fraternity's goal is to develop leaders and promote brotherhood and academic excellence while providing service and advocacy for local communities.

For more information, call event coordinators Michael Byrd at 678-777-0712, Dave Gilbert at 404-625-9559 or Curtis Whitmore at 770-389-8457.

## RecruitMilitary hosts career fair

RecruitMilitary will host a free hiring event for veterans, personnel who are transitioning from active duty, reserves and the National Guard and military spouses at the Georgia International Convention Center in Atlanta Oct. 29 from 11 a.m. until 3 p.m.

For more information or to register as a jobseeker, visit [www.recruitmilitary.com](http://www.recruitmilitary.com).

## Women veterans target of honors

The Veteran's Administration (VA) will host "Women's Vet Fest: Celebrating and Serving Women Who Served" Oct. 23 starting at 10 a.m. at the VA Medical Center, located at 1670 Clairemont Road in Decatur. Women veterans are invited to attend.

To R.S.V.P. or get more information, call the women's program manager at 404-321-6111, ext. 2078.

## Freedom ride to benefit Georgia USO

The eighth annual Ride for Freedom to Benefit the USO of Georgia will be held Nov. 2 at Earl Small's Harley Davidson in Marietta. Proceeds from the ride will support USO operations at the Hartsfield-Jackson Atlanta International Airport.

Registration begins at noon. All rider groups are welcome. Riders will depart at 2 p.m. Veterans and active duty military are honored by riding up front. The cost is \$30 for riders and \$5 for passengers. The fee covers a contribution to the USO of Georgia, the

police-escorted ride and a commemorative ID tag.

For more information, visit [www.usorideatlanta.com/home/home.asp](http://www.usorideatlanta.com/home/home.asp).

## Child care center has openings

The Fort McPherson Child Development Center (CDC) has openings for the Georgia Pre-K Program.

The Georgia Pre-K Program is free from 8 a.m. until 2:30 p.m.; there is a paid before- and afterschool program available, if more hours of care are needed. There are also openings in other age groups.

Registration must be completed at the central registration office, Bldg. 400 at Fort McPherson.

The CDC is open from 6 a.m. until 6 p.m.

For more information, call the staff at 464-3945 or 464-2759, or stop by Bldg. 514.

## Pharmacy reps assist beneficiaries



Photo by Peter Chadwick

Scott Armendariz (left) and James J. Lynch (right), representatives from the TRICARE Mail Order Pharmacy (TMOP) provider, Express Scripts, share information with potential subscriber Lois Desparte, from Blairsville, during a recent event at Fort McPherson.

TMOP allows beneficiaries who receive regular maintenance prescriptions at network retail pharmacies to switch to its convenient, safe and cost-saving features.

TMOP offers up to a 90-day supply of medication for the same copayment (\$3 or \$9) as a 30-day supply from a retail pharmacy. A 90-day prescription from the retail pharmacy can cost \$9 or \$27.

Express Scripts representatives can help TRICARE beneficiaries understand how to save money and time.

For more information about TMOP, call 866-363-8667 or visit the Web site at [www.expressscripts.com/TRICARE](http://www.expressscripts.com/TRICARE).



**CAP** from page 5

be proactive by introducing GetFit, a general strategy for federal agencies with a goal of creating a plan to be the model employer of people with disabilities.

There are four steps to the GetFit initiative:

- Look at the health of an agency's disability employment regarding discrimination cases, disability retirement and worker's compensation.
- Create an exercise plan by setting goals and building on documented success.
- Train and develop personnel and agency knowledge of employing individuals with disabilities.
- Review improvements and obstacles and build on what has already been learned.

CAP's service and support can improve the work environment and productivity. Hiring qualified individuals with targeted disabilities expands an employer's pool and comes with the incentive that needed accommodations are free.

**CAP has wounded troop initiative**

Across the nation, the Computer/Electronic Accommodations Program (CAP) ensures wounded servicemembers receive the appropriate assistive technology to fit their needs.

Accommodations are available for servicemembers with vision or hearing loss, dexterity impairments, including upper-extremity amputees and communication and cognitive difficulties, including traumatic brain injury.

CAP provides needs assessment, assistive technology and training throughout each phase of recovery:

Phase 1: Recovery and rehabilitation support at Medical Treatment Facilities (MTF).

Phase 2: The transition staff works closely with therapists,

case managers, providers and military liaisons. In addition to supporting hiring initiatives and career fairs, CAP also provides housing and training facilities at MTFs.

Phase 3: Free accommodations for employees and interns within the federal government.

For more information or to submit an online request, visit [www.tricare.mil/cap/wsm/](http://www.tricare.mil/cap/wsm/). Many servicemembers will sustain multiple injuries and will require needs assessments to identify the most appropriate assistive technology device(s).

The needs assessment form must be completed by a treating physician or therapist. For more information, send an e-mail message to [wsm@tma.osd.mil](mailto:wsm@tma.osd.mil).

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**Breast** from page 3

types respond very differently to treatments."

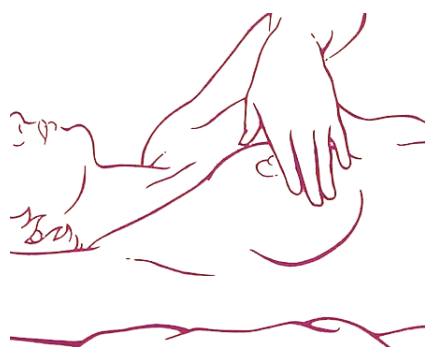
**Myth:** If you carry a gene for breast cancer, there's nothing you can do to prevent the disease — it's inevitable.

**Truth:** Mutations of certain genes, particularly BRCA1 and BRCA2, increase your

lifetime risk to as much as 85 percent, but carrying the genes indicates an increased risk, not the disease itself. Some doctors may advise close monitoring (checkups, mammograms, monthly breast self-exams), while others may recommend preventive surgery or drugs.

**Myth:** An annual mammogram will expose you to too much radiation, which could actually cause breast cancer.

**Truth:** "Never say never in medicine, but the likelihood of getting breast cancer from regular mammograms is very, very low," said Jane



Tuvia, a breast-imaging specialist at Manhattan Women's Imaging in New York. "Mammography is a safe procedure with minimal levels of radiation, monitored by strict government guide-

lines."

**Myth:** Standard mammograms are outdated and not as effective as other screening tests.

**Truth:** Although flawed, this is the best test available for routine screening. As a follow-up to a suspicious mammogram, many patients benefit from an ultrasound or an MRI.

**Myth:** Once you've been cancer-free for five years, you're in the clear.

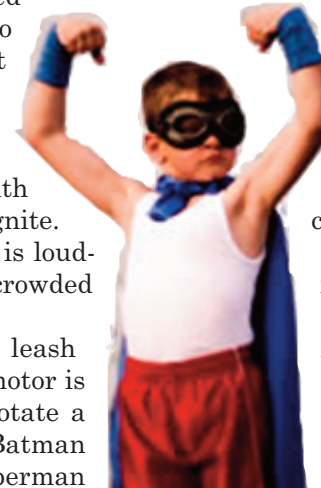
**Truth:** Although most recurrences happen in the first three to five years, breast cancers can recur at any time. Some patients have relapsed after 30 years.

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# Texas mom reveals kiddie ideas: Things I've learned from my children

The following came from an anonymous mother in Austin, Texas:

- A king-size waterbed holds enough water to fill a 2000-square-foot house four inches deep.
- If you spray hair-spray on dust bunnies and run over them with rollerblades, they can ignite.
- A 3-year-old's voice is louder than 200 adults in a crowded restaurant.
- If you hook a dog leash over a ceiling fan, the motor is not strong enough to rotate a 42-pound boy wearing Batman underwear and a Superman cape. It is strong enough, however, if tied to a paint can, to spread paint on all four walls of a 20-foot by 20-foot room.
- You should not throw baseballs up when the ceiling fan is on. When using a ceiling fan as a bat, you have to throw the ball up a few times before you get a hit. A ceiling fan can hit a baseball a long way.
- The glass in windows (even doublepane) doesn't stop a baseball hit by a ceiling fan.
- When you hear the toilet flush and the words "uh oh," it's already too late.
- Brake fluid mixed with bleach makes smoke, and lots of it.
- A 6-year-old can start a fire with a flint rock, even though a 36-year-old man says they can only do it in the movies.
- Certain building blocks will pass through the digestive tract of a 4-year-old.
- Playdough and microwave should not be used in the same sentence.
- Superglue is forever.



- No matter how much gelatin you put in a swimming pool, you still can't walk on water.
- Pool filters do not like gelatin.
- Video recorders do not eject peanut butter and jelly sandwiches even though television commercials show they do.
- Garbage bags do not make good parachutes.
- Marbles in gas tanks make a lot of noise when driving.
- You probably do not want to know what that odor is.
- Always look in the oven before you turn it on. Plastic toys do not like ovens.
- The fire department in Austin, Texas, has a five-minute response time to my house.
- The spin cycle on the washing machine does not make earthworms dizzy.
- The spin cycle will, however, make cats dizzy.
- Cats throw up twice their body weight when dizzy.
- Pillows don't always make the best cushion when jumping off the dresser drawer.
- The mind of a 6-year-old is wonderful. No doubt, kids can be a handful, but they can also be a joy, when taken with a sense of humor. Enjoy them while you can, because the years go by much too quickly and rob parents and grandparents of such great comic relief.

*Reprinted from the Mountain View newsletter*

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## Fort McPherson Post Theater movies

Meet the Spartans (PG), tonight  
August Rush (PG), Oct. 24  
I Am Legend (PG-13), Oct. 31

Shows start at 7 p.m.  
Bring the whole family and  
your own refreshments.





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advertising**

**Classified  
advertising**



# Teach kids how to talk to Strangers

It's a parent's worst nightmare. You're in a crowded mall — shopping for holiday gifts clothes — and you think you've lost your child.

Give kids the ability to talk to the right strangers if they're ever in a situation where they're lost, alone or in danger.

If your child becomes lost, the first thing he or she should do is to approach a woman and ask for help, according to *Protecting the Gift*, written by Gavin de Becker. Women are more likely than men to become emotionally invested in a child and are statistically almost never sexual predators. Plus, women are almost always around and easy to find.

Teach kids what to do when they get lost. Encourage young children to practice talking to strangers in a safe environment. Ask them how they feel about each situation and practice what they might say. Look for situations where you can easily observe your child from nearby, then talk about what happened during your child's interaction with the stranger she chose to talk to.

Start with easier situations, then make them more challenging. She may need to do each more than once for practice. Have her approach:

- A stranger to ask for the time.
- A stranger to ask directions, like to the nearest ice cream parlor.
- A store with you nearby to buy gum or candy.
- A store by herself to buy some gum or candy.

Think of your own relevant situations. After each situation, ask your child:

- Why she chose who she chose.
- How the exchange went.
- If she felt comfortable with the person she spoke with.
- If that person was comfortable with her approach.



**Cpl. James Carroll, a police officer with the Hapeville Police Department, teaches students at the Fort McPherson Child Development Center Wednesday to keep their thinking cap on when they are around strangers.**

*Photo by Robin Brown*

- What, if anything, she could have done differently.

What if your child gets lost? Here are some practical steps parents can take to reduce anxiety in the event a child is lost:

- Dress small children in brightly colored, distinctive, easily describable outfits. Parents who remember what their children are wearing have less anxiety when they become separated.
- Carry current photos of the kids. This is especially important on vacations, when families are in unfamiliar areas where being separated is even more likely.
- Have a plan. Agreeing beforehand that "if anybody gets lost, we'll meet at the food court" helps make reunions happen sooner.

It's inevitable that at some time every parent will lose sight of a child in public. In the overwhelming majority of these instances — and there are tens of thousands every day — it's the result of inattention or wandering on the part of either the parent or child, depending upon whom you ask. Soon enough they are back together, with one of them saying to the other: "I've told you a hundred times not to wander off."

Until a child is old enough to recognize predatory strategies, old enough and confident enough to resist them, assertive enough to seek help and powerful enough to enforce the word "No," a child is too young to be his own protector.

*Familyeducation.com*

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